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ISTOCK

OUTBREAK

16 cases of Legionnaires' disease have been confirmed in Washington Heights since this weekend, prompting health officials to alert those in the area to seek medical treatment. 4

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THINGS
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KNOW

KRISTIN TOUSSAINT, REPORTER

You may have seen the New York City Health Department say online recently that it's investigating a cluster of Legionnaires' disease in Manhattan — and over the weekend, the number of cases increased. But what even is Legionnaires' disease? The good news: It's not contagious, but a cluster still causes concern. Read more about why and what the city is doing about these recent cases inside and at metro.us.

WELCOME TO
METRO.USTENANT HARASSMENT
ALLEGATIONS: KUSHNER

The Cuomo administration has opened a probe into allegations that the real estate firm once led by President Donald Trump's son-in-law Jared Kushner harassed tenants at one of its largest residential buildings. New York State Homes and Community Renewal on Monday said its tenant protection unit would investigate alleged abuses by Kushner Companies toward tenants at the 338-unit Austin Nichols House in the Williamsburg section of Brooklyn. The

probe was announced one day after 20 current and former tenants filed a \$10 million lawsuit accusing the Kushner firm of using construction crews to create "intolerable" conditions at the building, including exposure to toxins and dust, rodent infestation, mold and the loss of hot water. They said the firm did this to drive out rent-stabilized tenants and transform the building into a luxury condominium. Kushner is now a Trump adviser and is not a defendant.

DC WOMAN ACCUSED OF
ACTING AS RUSSIAN AGENT

A 29-year-old Russian woman living in Washington has been arrested and charged with conspiracy to act as an agent of the Russian government while developing ties with American citizens and infiltrating political groups, the Justice Department said Monday. Maria Butina, who studied at American University in Washington and is a founder of the pro-gun rights Russian advocacy organization Right to Bear Arms, is accused of working at the direction of a high-level official who worked for the Russian Central Bank

and was recently sanctioned by the Treasury's Office of Foreign Assets Control, the Justice Department said in a statement. The court records do not name the official. However, she is pictured in numerous photographs on her Facebook page with Alexander Torshin, the deputy head of Russia's Central Bank, and a person familiar with the matter confirmed to Reuters that she worked for him. Torshin was sanctioned by the Treasury Department in April. Butina was arrested Sunday and was ordered held pending a hearing set for Wednesday, it said.

THE ANNUAL MARKING OF
SWANS FOR THE CROWN
ESTATE TAKES PLACE ON
THE RIVER THAMES

A cygnet is weighed during the annual Swan Upping census Monday on the River Thames, South West London. The historic ceremony dates back to the 12th century, when the crown claimed ownership of all mute swans and they were eaten at banquets and feasts. The sovereign's swan marker, David Barber, counts the number of young cygnets on the river each year and ensures that the swan population is maintained. The swans and young cygnets are also assessed for any signs of injury or disease.

GETTY IMAGES

REUNITED FAMILIES
DEPORTATIONS SUSPENDED

A judge temporarily barred the government Monday from the rapid deportation of immigrant parents reunited with their children, while a court considers the impact on children's rights to seek asylum. The government is working to meet a court order to reunite around 2,550 children who were separated by U.S. immigration officials from their parents at the U.S.-Mexican border. The families had been separated as part of a broader crackdown on illegal immigration by the administration of President Donald Trump, sparking an international

outcry. The president ordered the practice stopped on June 20. The American Civil Liberties Union said in court papers on Monday that, once reunited, immigrant parents who face deportation should have a week to decide if they want to leave their child in the United States to pursue asylum separately. "A one-week stay is a reasonable and appropriate remedy to ensure that the unimaginable trauma these families have suffered does not turn even worse because parents made an uninformed decision about the fate of their child," the rights group wrote.

EL CHAPO'S TRIAL
DELAYED TWO MONTHS

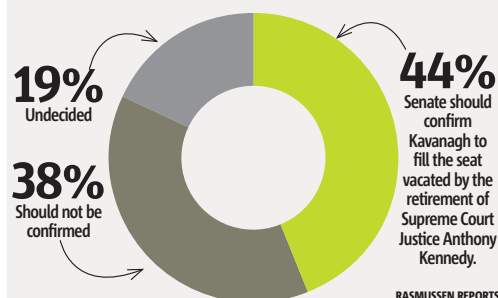
A judge Monday postponed the trial of accused Mexican drug lord Joaquin "El Chapo" Guzman by two months, to Nov. 5, after Guzman's lawyer said he needed more time to review evidence recently received from prosecutors. U.S. District Judge Brian Cogan in Brooklyn said the delay was warranted by the "voluminous" evidence that prosecutors handed over on July 3. He denied a request by Guzman's lawyer, Eduardo Balarezo, to bar prosecutors from using evidence that they had not produced by June 26. Jury

selection had been scheduled for Sept. 5. In a court filing last week, Balarezo had said prosecutors' late production of evidence "obliterates any semblance of due process and Mr. Guzman's ability to have a fair trial." John Marzulli, a spokesman for U.S. Attorney Richard Donoghue in Brooklyn, declined to comment. Balarezo could not immediately be reached. Guzman, 61, has been in solitary confinement since being extradited to the United States from Mexico in January 2017 to face drug trafficking and conspiracy charges.

STATS

BRETT KAVANAUGH

The U.S. Senate has the constitutional authority to confirm all Supreme Court nominees. Based upon what you know at this time, should the Senate confirm Brett Kavanaugh as a Supreme Court justice?



RASMUSSEN REPORTS

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NEWS

16 cases of Legionnaires' disease confirmed so far in NYC

City health department officials confirmed a community cluster of the non-contagious disease in Washington Heights.



KRISTIN TOUSSAINT
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A Manhattan community has seen an outbreak in Legionnaires' disease, according to the New York City Department of Health.

Officials announced that there is a community cluster of the disease in Lower Washington Heights. The department announced that there were 14 cases of the disease over the weekend, but the number has since risen to 16, the department confirmed.

Those cases include individuals ranging from under 40 years old to over 80, but most were over the age of 50. So far there have been no deaths associated with this cluster.

"The Health Department has identified a cluster of Legionnaires' disease in the Lower Washington Heights area," said Health Commissioner Dr. Mary T. Bassett in a statement. "While most people exposed to Legionella don't get sick, individuals ages 50 and above, especially those who smoke and have chronic lung conditions, are at a higher risk. This disease is very treatable with antibiotics. I encourage anyone with symptoms of Legionnaires' disease to seek care early."

Legionnaires' disease is a type of pneumonia, according to the health department, that is caused by Legionella bacteria. According to the

500

There are between 200 and 500 cases of Legionnaires' disease every year.

health department, its symptoms can include "fever, chills, muscle aches, and cough." Symptoms could also include shortness of breath, chest pain, gastrointestinal symptoms like nausea, vomiting and diarrhea, and confusion "or other mental changes," according to the Mayo Clinic.

Legionnaires' disease primarily affects the lungs, though the Mayo Clinic warns it can occasionally cause infections in wounds and in other parts of the body like the heart.

The disease is not contagious, and most New



The Legionella bacteria grows in warm water, like water tanks atop buildings. ISTOCK

Yorkers are not at risk, the health department announced, and is not transmitted through person-to-person contact. An individual can get Legionnaires' from breathing in water vapor containing the bacteria, as Legionella grows in warm water.

Most cases of Legionnaires' disease can be traced to plumbing systems, according to the health department, "where conditions are favorable for Legionella growth, such as cooling towers, whirlpool spas, hot tubs, humidifiers, hot

water tanks and evaporative condensers of large air-conditioning systems."

Adults 50 and older, cigarette smokers and people with chronic lung disease or compromised immune systems are at risk.

The health department is actively investigating these cases, and city officials are sampling and testing water from all cooling tower systems in the Lower Washington Heights area of the cluster.

Though there are between 200 and 500 cases

of Legionnaires' disease every year, according to CBS2, city officials become more concerned when the cases are clustered.

City officials are advising that people living and working in the area who are experiencing such symptoms seek medical attention with a primary care provider or via urgent care.

After a 2015 Legionnaires' disease outbreak in the South Bronx, the city mandated that building owners register cooling towers evaporative condensers, and fluid containers with the Department of Buildings so they can be inspected. A total of 138 cases and 16 deaths were attributed to this outbreak, according to an article in the Journal of Public Health Management and Practice, making it the largest Legionnaires' outbreak in New York City history.

Now the weekend begins.

DOF or Highball (Set of 4)- \$60
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The CITY collection consists of crystal glass barware and stainless steel accessories that embodies modern Scandinavian design.

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Trump was ripped by both Democrats and Republicans after Monday's summit with Russian President Vladimir Putin. GETTY IMAGES

Trump slammed after Putin summit

Part "mistake" and part "treasonous," most were in shock after Monday's Helsinki summit.

Standing side-by-side with Vladimir Putin, President Donald Trump on Monday refused to blame the Russian leader for meddling in the U.S. 2016 election, casting doubt on the find-

ings of his own intelligence agencies and sparking a storm of criticism at home.

On a day when he faced pressure from critics, allied countries and even his own staff to take a tough line, Trump spoke not a single disparaging word in public about Moscow on any of the issues that have brought relations between the two

powers to the lowest ebb since the Cold War.

His performance was denounced as "treasonous" by a former CIA chief and Sen. John McCain called meeting with Putin a "tragic mistake," although some other Republicans were more cautious.

So what was the overall take from Monday's Helsinki summit?

"weakness" to Moscow.

"Missed opportunity by President Trump to firmly hold Russia accountable for 2016 meddling and deliver a strong warning regarding future elections. This answer by President Trump will be seen by Russia as a sign of weakness and create far more problems than it solves," Graham said on Twitter.

Trump deflected blame from Russia, throwing the U.S. under the bus Trump denounced the "stupidity" of the U.S. policy, especially the decision to investigate election interference following the conclusions drawn by intelligence agencies. A prosecutor announced an indictment three days ago of Russian spies for hacking into Democratic Party networks.

Trump's handling of a joint news conference in Helsinki stirred a wave of condemnation in the U.S., where the White House has struggled for months to dispel a suggestion that Trump was unwilling to stand up to Putin.

Asked if he believed U.S. intelligence agencies, which concluded that Russia interfered in the 2016 election in an effort to help him defeat Democratic candidate Hillary Clinton, he said he was not convinced.

"I don't see any reason why it would be" Russia, Trump said. "President Putin was extremely strong and powerful in his denial today."

Trump appeared to show 'weakness' in not standing up to Putin At the news conference, Trump was invited by reporters to offer any criticism of Russia but he repeatedly declined. Asked if Russia was at all to blame for the poor ties, he said, "I hold both countries responsible. I think the U.S. has been foolish. We've all been foolish," he said, before veering into discussion about his election victory.

Trump's warm words for Russia were a marked contrast from the past week when he repeatedly rebuked traditional U.S. allies at a summit of the NATO and during a visit to Britain.

Sen. Lindsey Graham said Trump's performance would send a message of

"President Putin was extremely strong and powerful in his denial today."

Donald Trump

Arizona Sen. Jeff Flake, a frequent Trump critic, said, "I never thought I would see the day when our American President would stand on the stage with the Russian President and place blame on the United States for Russian aggression. This is shameful."

Was the president borderline 'treasonous'? Former CIA chief John Brennan suggested Trump should be removed from office. Brennan tweeted, "Donald Trump's press conference performance in Helsinki rises to & exceeds the threshold of 'high crimes & misdemeanors.' It was nothing short of treasonous. Not only were Trump's comments imbecilic, he is wholly in the pocket of Putin. Republican Patriots: Where are you???"

House Democrat Nancy Pelosi tweeted: "Every single day, I find myself asking: what do the Russians have on @realDonaldTrump personally, financially, & politically? The answer to that question is that only thing that explains his behavior & his refusal to stand up to Putin."

The summit capped a trip abroad during which Trump embarrassed British Prime Minister Theresa May by saying she refused to take his advice about how to negotiate Britain's exit from the EU. He referred to the European Union itself as a "foe" in trade and repeatedly criticized it.

REUTERS

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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

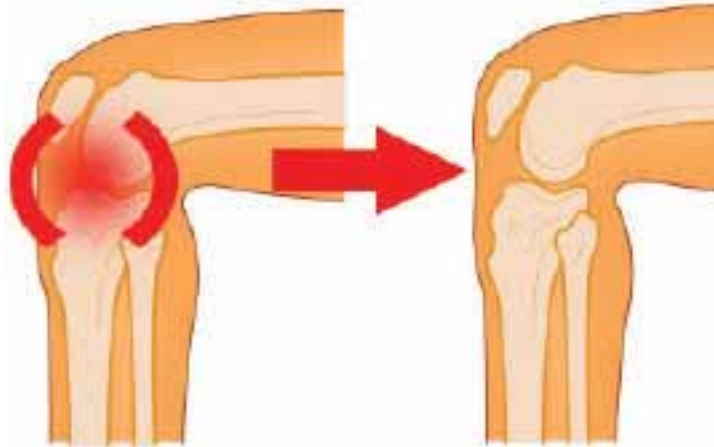
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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Ever wonder what are the most expensive neighborhoods in New York City? Here's a look. **istock**

Looking for a 2BR in Tribeca? Expect to pay about \$4,800 each month

RentHop looked at rent and income data to find the highest-priced neighborhoods in NYC. Most, not surprisingly, are expensive.



KRISTIN TOUSSAINT
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It's no secret New York City is expensive. It would be hard to find someone who chooses to live here because it's affordable — still, the cost of rent can vary across the five boroughs.

So, what are the most expensive neighborhoods in New York City?

A report out this week from real estate site RentHop looked at just how difficult it is to find a truly affordable apartment in the city. Median asking monthly rent prices can range, the site explained, from a pretty expensive \$1,975 for a two-bed-

room in Flatbush, to a pretty-insanely-expensive \$5,914 in Lincoln Square.

In order to give an overview of the New York City affordable housing crisis — and see which are the most expensive neighborhoods in New York City — RentHop looked at the price of two-bedroom apartments across the city compared to the data on the median income by zip code.

How unaffordable is New York City? Lots of New York City neighborhoods are costly for the average New Yorker, unfortunately. RentHop looked at more than 90 zip codes across the five boroughs and found that more than half of them (52 percent) had median two-bedroom rents that are higher than half of the median household income in New York City.

That means New Yorkers would be spending more than half of their yearly income just

on housing, while the standard rule of thumb is that you shouldn't spend more than 30 percent of your income on rent.

The median household income for New York City residents is \$58,856, according to the most recent census data. Across the entire city, the median two-bedroom apartment rent as of June 2018 is around \$3,650.

For a New Yorker earning the median income, they'd be spending 70 percent of their income on the median two-bedroom apartment rent.

RentHop says that "the way the math works out, your household's yearly income should be 40 times the monthly rent in order to afford an apartment." This is called the 40x rule and sometimes, landlords even require that tenants prove they make 40 times the monthly rent.

A New Yorker would need an annual house-



hold income of \$146,000 to afford the median two-bedroom apartment per the 40x rule

What are the most expensive neighborhoods in New York City? That's only the median two-bedroom apartment price, meaning lots of apartments cost even more. Here's a look at the most expensive neighborhoods in New York City per RentHop's data on the price of two-bedroom apartments:

- Lincoln Square, Manhattan, where the median two-bedroom price is \$4,600 in zip code 10023 and \$5,914 in zip code 10069
- Tribeca, Manhattan, where the median two-bedroom price is \$4,833 in zip code 10013, and \$5,498 in zip code 10007
- Financial District, Manhattan, where the median two-bedroom price is \$4,723 in zip code 10005

In all these areas, the asking rents for two-bedroom apartments top \$4,600, meaning you'd need an income of at least \$184,000 to afford these places per the 40x rule.

Residents in the most expensive neighborhoods in New York City do tend to have higher incomes, of course. In Lincoln Square's 10069 zip code, the median

\$146,000

A New Yorker would have to have an annual household income of \$146,000 to afford the median two-bedroom apartment per the 40x rule.

household income is more than \$155,702.

What are the least affordable neighborhoods in NYC?

Since the most expensive neighborhoods in New York City are usually home to residents with a higher income, that info isn't practical for all New Yorkers trying to figure out where they can afford to live. Some neighborhoods have high rents, yet median incomes there remain low — meaning these neighborhoods are less affordable to the average New Yorker. Rent for these residents eats up way more than the ideal 30 percent of their income.

Here are the neighborhoods that are the least affordable in that sense:

- East Harlem, where the median two-bedroom price is \$2,550. With a median household income of \$26,839, that means 114 per-

cent of that income is required to make rent - Lower East Side, where the median two-bedroom price is \$3,300. With a median household income of \$35,594, that means 111 percent of that income is required to make rent - Bedford-Stuyvesant, where the median two-bedroom price is \$2,525. With a median household income of \$31,549, that means 96 percent of that income is required to make rent.

What are the cheapest neighborhoods in New York City? You're probably not looking to intentionally live in one of the most expensive neighborhoods in New York City, though, so here's some more positive, and perhaps useful, data. According to RentHop's data, these are the neighborhoods with the cheapest two-bedroom apartments:

- Flatbush, Brooklyn, where the median two-bedroom price is \$1,975
- Norwood, the Bronx, where the median two-bedroom price is \$1,995
- East Flatbush, Brooklyn, where the median two-bedroom price is \$1,999

Check out more information via an interactive map from RentHop here.



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GETTY IMAGES

THE FOREMAN FORECAST: THE NEW, NEW WORLD ORDER

ANALYSIS

TOM FOREMAN

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



Forget the Cold War, the decades of spying, and the Kremlin's demonizing of America. Put aside Russia's long history of invading neighboring countries, backing totalitarian regimes, and murdering political foes or shipping them off to starve and freeze in Siberia.

Just shove all that to the back of the closet and act as if you've never known about it, like that Heisenberg hat you wore five years ago. Because in a jaw-dropping press conference standing right beside Russian President Vladimir Putin, President Trump made it clear: If Putin says it's not his fault, that should be good enough for everyone. What's more, President Trump said — perhaps to the surprise of even his MAGA crowd — if there is any problem between the U.S. and Russia, "We're

all to blame." On Twitter, he expanded: "Our relationship with Russia has NEVER been worse thanks to many years of U.S. foolishness and stupidity and now, the Rugged Witch Hunt."

Let that sink in. Last week President Trump tore into America's NATO allies — countries whose citizens have stood by American soldiers in combat — and this week he is cooing up to Putin like it's the bromance of the century. Never mind that Trump's own intelligence community has unequivocally accused the Russians of interfering in the 2016 elections with the intent of helping Trump. "It's ridiculous what's going on with the probe," Trump said with Putin smirking at his elbow. "I have great confidence in my intelligence people, but I will tell you President Putin was extremely strong and powerful in his denial today."

It went further. Did he publicly smack Putin for the invasion of Crimea? Nope. Did he raise questions about Putin's foes who are showing up mysteriously dead in foreign countries? No. Did he come away with any detailed commitments to a new nuclear deal, a path to Syrian peace, or ... well, anything? Maybe he didn't have time, what with the soccer ball passing and singing the latest chorus of "How I Beat Hillary."

Putin's take on his meetings with Trump is simple. "He defends the interests of the United States of America, and I defend the interests of the Russian Federation." But after this latest display you can have no doubt, for many Trump critics that assessment is only half right.

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Hydration is important every day, but it takes on increased urgency in the summer months. “Dehydration is the lack of both water and electrolytes, and an effective hydration strategy should involve replacing both,” says Dr. Nikolaas Harbord, [tab]assistant professor, medicine, nephrology, Icahn School of Medicine at Mount Sinai and site chair of nephrology at Mount Sinai Beth Israel. We talked to the doctor to get the scoop on why drinking water is so important as the temperature rises.

Why is it especially important to stay hydrated in the summer or hotter weather?

In summer, when the ambient temperature is high, your body adapts by sweating, which cools the body through evaporative heat loss. Prolonged heat exposure, and especially activity in the heat, can lead to liters of fluid loss, greatly increasing the risk of dehydration.

How much water should we consume when it's hot out?

A hydration strategy should include regular drinking of water in excess of losses in sweat. The amount of fluid loss

depends on the level of activity and many other factors, and could be measured by weighing yourself on a scale. More practically, water intake in very hot weather should well exceed the typical intake of eight cups per day.

Are sports drinks a good idea? Can they replace water?

Sports drinks containing carbohydrates and electrolytes in water can be effective for hydration.

Are all liquids hydrating? While all liquids contain water, alcohol and caffeinated drinks, including caffeinated sports drinks, can dehydrate and should be avoided.

Can you drink too much water? How much is too much, and what happens if you do?

It is possible to drink too much water, and in turn, dilute the dissolved salts in the body, leading to a condition called hyponatremia. Hyponatremia usually results from acute or chronic medical conditions or from medications, but can occur with rapid water intake in excess of 1 liter an hour or more 20 liters in a day. Symptoms of hyponatremia are neurological (nausea, headache, confusion) and the result of brain swelling.

What types of people need more hydration than others?

Athletes exercising in the heat have higher fluid losses and need an aggressive hydration strategy to avoid dehydration and heat cramping. The elderly have a decreased thirst reflex and may not recognize the need for hydration. Young children and infants are also at great risk of dehydration in high heat due to their body composition and diminished thirst.

What are the signs of dehydration?

Initial signs are tiredness, weakness and headache. More severe signs include decreased urination and muscle cramping.

SHEILA DOUGHERTY



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What having bad credit really means for your future

Here are some things that can happen once your score falls below 620.



PAT KING
patrick.king@metro.us

Any time you turn on the TV, you probably see commercials from "get out of debt now" loan companies equating bad credit to some weight you carry around wherever you go.

But how often do you really check your credit score to see where you stand? Furthermore, do you really understand what a low credit score (AKA bad credit) will mean for your future?

A bad score is somewhere around 580 to 619 and everything hovering around 650 is considered average. Here are some things

that will be affected by missing too many credit card payments.

Getting approved for a mortgage

Many people treat their first credit cards like free cash rather than for primarily using them for emergencies.

Building your credit score back up from the bad credit you accrued in your 20s can be a nightmare when you're trying to buy a home.

Banks will look at your credit to determine your interest rate, and the worse your credit is the less they will be willing to help you out.

Renting an apartment

Bad credit won't just affect your chances of getting a good mortgage — it could also affect your chances of being approved for that dream apartment you've been dying to

rent.

Landlords will take a serious look at your credit score to determine if you will be on time with your rent every month. If you have bad credit, that's a sign that you will not be a dependable tenant.

Getting a job

If you are looking to work in finance or securities, your employer may check your credit score to see if you think rationally about your finances.

According to personal finance site Nerdwallet, when employers see bad credit, this is what they're really seeing:

1. Lots of late payments could indicate you're not very organized and responsible, or don't live up to agreements.

2. Using lots of available credit or having excessive debt are markers



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of financial distress, which may be viewed as increasing the likelihood of theft or fraud.

3. Any evidence of mishandling your own finances could indicate a poor fit for a job that involves being responsible for company money or consumer informa-

tion.

While these conclusions may not apply to you even though you have bad credit, it still would be in your best interest to not have it be an issue before you walk into an interview.

You could get denied a cellphone or cable plan.

Certain cellphone and cable providers have been known to deny plans to people due to their low credit scores.

So work on your credit before you are playing snake on a flip phone while using tin foil rabbit ears to get reception on your TV set.



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EDUCATION



Why skipping classes in college is *never* a good idea

Showing up is everything.



PAT KING
patrick.king@metro.us

Sure, skipping class was almost a rite of passage during those last days of high school.

Stakes were low: You had probably already been accepted to college, and "senioritis" was contagious.

But now that you are in college, it's time to reset your perspective.

There might be fi-

nancial consequences of skipping out of a lecture in favor of getting a few extra hours of sleep.

According to a study by Student Loan Hero, students on average pay \$594 per college credit.

This figure is an average of \$1,039 for a typical four-year private school credit; \$135 for a two-year public school credit; \$647 for a four-year for-profit school credit; and \$325 for the average four-year public college credit.

Most college courses fulfill three credits. In a 15-week semester, one course at a four-year public school will cost \$975 and \$3,117 at a four-year private school.

Skipping class at a public university will cost you \$32 each time.

That may not seem like that much at the time; the money is not disappearing out of your wallet ev-

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The Division of Applied Undergraduate Studies also provides a supportive learning environment, seamless credit transfer, and multiple financial aid and scholarship options. Tailored career development services are provided by the NYU Wasserman Center for Career Development at the NYU School of Professional Studies. One-on-one appointments at the Wasserman Center are available to discuss career goals, to strategize about a job search, and/or to get advice about your cover letter and résumé.

Classes held during days and evenings, intensives, and online degrees and courses cater to students who are often balancing personal and professional responsibilities. On-demand academic coaching; programs taught by top professionals in their fields, and comprehensive tutoring services make the NYU School of Professional Studies the choice for students who seek to complete their undergraduate degree at a world-renowned university.

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erytime you duck out of class to go hang out with friends.

But now is when you need to start planning for the future, and chances are you will be paying back that money after you graduate.

And skipping class will work against your keeping your GPA up.

Missing one lecture can sometimes affect how well you grasp the material in a course.

If a certain class is not piquing your interest, drop it before things start to spiral out of control and affect your grades negatively.

So it may have seemed like a thrill in high school, but remember that college is a completely different animal and that skipping class should be a habit you leave in the past.

Ways to avoid a bad student loan



NerdWallet is a
personal finance website.

You might not use the word “good” to describe student loans, but not all of them are bad.

A truly bad loan has high interest rates, few repayment options or little help if you have trouble making payments.

Taking time to assess loan features is key to avoiding a bad one, says Kevin Fudge, director of consumer advocacy and ombudsman for American Student Assistance, a nonprofit focused on helping students pay for college.

Before evaluating any loan offer, first maximize whatever free money you’re eligible for. This may include grants, scholarships and work-study. Then, consider these three borrowing tips to avoid a bad student loan:

1. Choose federal loans first

If you have to borrow, choose federal loans before private. Loans through the federal government offer more borrower-friendly options, such as income-driven repayment and public service loan forgiveness, and don’t require established credit.

If you’re left with a payment gap to fill, compare offerings from a variety of private lenders. At Metropolitan State University of Denver, students are counseled to seek loans with trusted lender sources, such as their own bank or credit union, says Thad Spalding, executive director of the office of financial aid and scholarships at the university.

Fudge also touts the benefits of local banks over large companies for customer service. “You can walk into a local branch and talk to someone versus calling a 1-800 number and being lost in the push-button wilder-

ness,” he says.

When comparing loans, decide what terms are most important to you, says Spalding. This could include a longer grace period, more repayment options, the option to release a co-signer and opportunities to hold off repayment temporarily.

2. Check forbearance terms

While repaying your loan, you may run into difficulty meeting monthly payments. One way to avoid missed payments is by utilizing forbearance. It allows you to pause payments on your loan for a short period of time, while interest continues to build. Forbearance is typically offered in three-month increments for up to 12 months. Some lenders may offer up to 24 months of forbearance.

If a lender doesn’t list its forbearance option, they may grant it on a case-by-case basis. It’s safer to choose a loan with a more transparent policy in place.

3. Choose a fixed interest rate loan and look for hidden costs

Private lenders may offer both variable and fixed interest rates. Go with a fixed rate that will stay the same throughout repayment. A variable rate may initially be lower than a fixed rate, but it can increase over time. That’s because variable rates are tied to a financial market index; when the index changes, so does the rate.

In addition to interest rates, look for hidden costs, such as fees. “A bad loan is one that advertises a low interest rate, but has an origination fee that masks the true costs of the loan,” says Spalding.

Search for fees and penalties, such as an origination fee, late fee or prepayment penalty. An origination fee could alternately be labeled “loan disbursement fee” or “administrative fee.”

For more advice on how to find the student loan that makes the most sense for you, make sure to head over to NerdWallet.com.

ANNA HELIOSKI

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Pat King
Grumble Editor

Today we have another op-ed style Grumble from Metro's very own Going Out Editor Eva Kis about the use of paper straws in bars. Take it away, Eva!

JUST GIVE ME A PLASTIC STRAW FOR MY TIKI DRINK!

After a video of a sea turtle maimed by a plastic straw went



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viral, companies and restaurants are self-imposing a plastic straw ban. This seems like a small but

doable step toward ending the environmental threat posed by garbage that doesn't decompose.

It's also making it impossible to enjoy my favorite part of summer: frozen cocktails.

Recently, I was served a frozen cocktail with a paper straw at a Brooklyn bar, which made it next to impossible to drink and ruined the flavor. Also, having a table full of people watch as you hollow out your cheeks with considerable effort is not at all an opening for off-color jokes.

My home bar set has a metal stirrer that's also a straw, but can people at an actual bar be taught not to pilfer them? Starbucks is introducing sippy cup lids for cold drinks, which doesn't cut down on waste and you have to wait for it to melt. Before banning an essential tool, we need a viable replacement.

Eva Kis, Metro Going Out editor

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GETTY IMAGES

The winning caption from Andres Lopez, Metro Boston reader

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Aries Initiate your plans. Networking will keep you on your toes and allow you to find out what you are up against. Listen, observe and structure your next move.



Taurus You'll be drawn to change and to discovering what's available. If you learn all you can, you will find a unique and viable way to mastermind your way to victory.



Gemini Use your head and refuse to let emotional matters interfere with an important decision. A practical approach regarding creativity and helping others will be required.



Cancer Find a way to use your skills in a new manner. Collaborating with people who can give you a unique view of a situation will help you make the right choice.



Leo Learn by watching others. Being indecisive or jumping into something prematurely will leave you at a loss. Be smart when it comes to handling money, health or legal issues.



Virgo Indulge in something that will give you greater insight into your options. Ask questions and go to experts for help. Don't fall short because you are too proud or shy.



Libra Take care of your responsibilities before someone reminds you of them. Staying on top of what's expected of you will put you in a good position when an opportunity arises.



Scorpio Think big, but don't attempt something unrealistic. Consider what's doable, and refuse to get caught up in someone else's pipe dream. Personal improvements are in your best interest.



Sagittarius Someone will disclose private information about you that could hurt your reputation. Protect your passwords, personal finances and your right to speak on your own behalf.



Capricorn Focus on personal improvements instead of trying to change someone who doesn't want your input. Look for a way to cut your overhead or raise your standard of living.



Aquarius An energetic approach to life will prove what kind of person you are and what you are capable of accomplishing. A partnership looks promising, as long as you maintain equality.



Pisces You have the right idea, and with a little help from your friends or former co-workers, you should be able to accomplish your goals.

EUGENIA LAST

LIFESTYLE

Shakespeare goes musical



The 2016 production of Shaina Taub's *Twelfth Night* musical played just three shows — this summer, it's getting a full month in Central Park. JOAN MARCUS

Shakespeare in the Park puts a musical spin on *Twelfth Night*, and the villainous Malvolio tells us all about it.



EVA KIS
eva.kis@metro.us

In the surprisingly excitable words of the New York Times, Shakespeare in the Park's musical adaptation of *Twelfth Night* is a "free-spirited, thoroughly delightful gloss" full of "madcap interpolations." Its initial run in 2016 was just three nights, but it's back in Central Park's Delacorte Theater starting

July 17 for a full five-week run.

"Our approach to it has not been in any way to simplify it — there's no spoken dialogue that's not written by Shakespeare, all the dialogue is straight out of the play," says Andrew Kober, reprising his role as the villainous Malvolio plotting against all

the joy swirling around him (though he does, of course, get two of his own jaunty numbers).

What's new are the 23 original songs written and composed by Shaina Taub, with contemporary lyrics based on lines from a play that couldn't be more relevant to our cultural moment: At one point Viola,

the shipwrecked refugee hiding as a man, sings, "Do these clothes conceal or reveal my soul?" "Shaina's work really is outstanding," says Kober. "These songs are incredible pop and rock and soul and musical theater songs that, beyond just being musically terrific songs, do an incredible job of storytelling."

And that's not nearly the most ambitious part of the production. Aside from a handful of professional actors, *Twelfth Night* stars two different ensemble casts of 100 made up of amateurs from throughout the five boroughs — everyone from seniors to schoolkids thanks to the Public Theater's community theater program, Public Works. "The ethos behind Public Works is there shouldn't be really any barrier to artistry, that it shouldn't be for the privileged and everyone should have ownership of it," says Kober. "Our directors and entire creative team are really treating everyone on that stage as equals, which I think is exactly the right philosophy."

The real challenge for

Kober, who is on loan from Broadway's School of Rock for the show, is the mixed blessing of the Delacorte Theater, a grand setting where actors and audience endure rain and heat — not to mention interruptions from the raccoons that live under the stage. "They're actually weirdly domesticated and would never hurt anybody, but they're very happy to stroll across the stage in the middle of your big song."

Villains don't usually have much of an arc in Shakespeare's work, but Malvolio — based on the Puritan preachers who hounded London's theaters during the Elizabethan era — is a changed man by the end. "In our version, we've come up with a way to redeem him by the end and have him be a character that everyone can go home feeling all right about," he says. "I'm also rocking a really nice Errol Flynn mustache for this show, much to my wife's chagrin."

Twelfth Night begins previews on July 17 and opens on July 23-Aug. 19. Tickets are free; publictheater.org

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This rainbow curtain was from the San Francisco Color Factory — there will be all new exhibits for NYC. PROVIDED

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Color Factory is the photo-focused pop-up “designed to awaken the senses.”



EVA KIS
eva.kis@metro.us

New York may seem a little bit drab, until you see it through the lens of Color Factory, the “multi-sensory exhibit inspired by the colors of the city.”

The exhibit premiered in San Francisco in August 2017 originally as a month-long pop-up that stretched into eight. When it arrives in New York at 251 Spring St. in SoHo starting Aug. 20, New York's Color Factory will have a whole new collection of artists spanning 20,000 square feet, which is 8,000 more than the original gallery.

Color Factory is “designed to awaken audiences to the brilliant, everyday presence of color” and “celebrates the discovery, serendipity and generosity of color,” according to a press release. It's unclear how color can be described as generous besides the slimming power of black, so you'll have to discover that for yourself.

The 16 installations inside include discovering your “secret color” in a room by Molly Young, an ombre floating balloon room, a guided activity on color and connection by Queens artist Christine Wong Yap, a dance floor promising to be as exciting as the one in Saturday Night Fever, an interactive project by technolor street artist Lakwena Maciver and treats like a custom ice cream.

“We hope the palettes and experiences offered inside Color Factory will challenge perceptions, awaken senses, invite joy and remind visitors to revel in the colorful moments of everyday life,” says Color Factory founder Jordan Ferney.

If you want to be among the first to get those enviable Instas, tickets go on sale July 17 at 9 a.m. for Color Factory's open-ended run. They're \$38 for adults and free for kids under 2 years old, and you'll have to select a specific time slot.

And the pop-up doesn't end once you've wound your way through its 16 rooms. All visitors receive a free map at the end of their visit featuring more than 20 “unique experiences” in the surrounding neighborhood.

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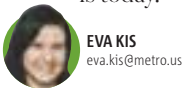
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Taste the sweet life

California's smash hit pop-up Candytopia arrives here next month — but your chance to get tickets is today.



Looking for summer's sweetest pop-up? That would be Candytopia, the Lisa Frank sticker sheet-meets-Willy Wonka's Chocolate Factory pop-up that wowed Californians with a sold-out run earlier this year. And now

advance and are \$34 for adults, \$26 for kids ages 4-12, and free for kids 3 and under — though can you put a price on becoming Instagram famous before you can even pronounce Instagram? Your first chance at Candytopia tickets is today when a batch of presale tickets go live — sign up at candytopia.com to get access — before they're released to the general public July 19.

Candytopia aims to satisfy your sweet tooth across 12 rooms of larger-than-life interactive art installations “inspired by pure, sugary bliss” dreamed up by “candy stylist” Jackie Sorkin, with production design by Zac Hartog. As the photos above show, Candytopia is going to be equal parts delicious and weird — which is to say, Wonka would be proud.

There are flying unicorn pigs and an “ocean” made of marshmallows (read: the requisite ball pit) and even a crystal throne from which to look upon your sweet domain — beginning to get the picture, or at least sugar shock by proxy?

While all the most popular attractions from California will be making the trek to the East Coast, expect some New York-inspired elements too. In addition to surreal photo ops, there will be sweet treats for all throughout the exhibit, from nostalgic favorites to sour candies and chocolates.



is the time to get your Candytopia tickets for its New York stop.

After selling out its debut in Santa Monica, the latest in Instagram-oriented art galleries will open Aug. 15, 2018 in Midtown's Penn Plaza (145 W. 32nd St.). No word yet on how long you'll get to ride that Candytopia sugar rush (as in, how long the pop-up will be open), so you'll want to get your Candytopia tickets situation worked out.

Candytopia tickets must be purchased in

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Everything you need to know about this year's OZY Festival

The interactive festival will be returning to Central Park this month.



PAT KING
patrick.king@metro.us

New York City can be a double-edged sword in the Summer. The brutal heat can make you feel lethargic and take refuge in an air conditioned apartment, and on the other, but all events taking place outside can energize you.

One thing you should make sure to venture out for is the OZY Festival in Central Park.

The second annual interactive festival will bring together great music and influencers



The scene from last year's OZY Festival in Central Park. GETTY IMAGES

in entertainment, food and politics. Here is everything you need to know.

When is it?
Saturday, July 21st and Sunday, July 22nd at Rumsey Playfield.

Doors will open at 11 a.m. Saturday with events running until 6 p.m. Sunday.

OZY FESTIVAL LINEUP

SATURDAY	Roxane Gay	Grouplove
Hillary Clinton	Tom Perez	Chelsea Handler
Laurene Powell-Jobs	Rep. Mark Sanford	Michelle Wolf
Young the Giant	Rose McGowan	Roy Choi
Common	Ruth Zuckerman	Malcolm Gladwell
Martha Stewart	Isaac Mizrahi	Laverne Cox
Alex Rodriguez	Grover Norquist	Sanaa Lathan
Hasan Minhaj	Christian Siriano	Tom Steyer
Marcus Samuelsson	Robert Herjavec	Jemele Hill
Tony Gonzalez		Scott Rogowsky
Salman Rushdie	SUNDAY	Sen. Kirsten Gillibrand
Steven Pinker	Passion Pit	Taye Diggs
		Padma Lakshmi

Who will be there?

This year's OZY Festival boasts a variety of influencers from all corners of popular culture. This year, Hillary Clinton will make a special appearance on Saturday night.

How much are tickets?

General admission is \$134 for both days;

Saturday-only tickets are \$99, and Sunday-only tickets are \$79. A VIP package include food and drinks as well as meet and greets with the performers and reserved premium seating. VIP tickets are \$306 for the weekend, \$239 for Saturday only and \$169 for Sunday only.

Sen. Kirsten Gillibrand talks the future of the Democratic Party

We recently spoke with New York's Sen. Kirsten Gillibrand about her thoughts on President Trump's controversial SCOTUS nomination. We also had the chance to ask the Democratic senator's thoughts on the midterm elections, as well as about her appearance at OZY Fest next weekend in Central Park.

What do you see as the Democrats' strategy leading into the midterm elections?

From my perspective, I've been traveling around our state. I'm also up in 2018. It's really about listening to voters and understanding what struggles and concerns they have. And then really speaking truth to power

loudly and effectively to try and change how the economy works, how rights are protected. Making sure that anybody who wants to be working can be working to their fullest potential. Fighting for things like national paid leave, equal pay and affordable daycare. Fight for things that affect people's lives deeply. I think the election will be about people's lives, who you are fighting for and why.

New, young progressive candidates like Alexandria Ocasio-Cortez seem to be creating a new optimism within the party.

They sure are. We have more women running for Congress than ever



New York Senator
Kirsten Gillibrand.
GETTY IMAGES

"I think the election will be about people's lives, who you are fighting for and why."

Sen. Kirsten Gillibrand

before in the history of this country. We have young, diverse candidates running across this country that are exciting. The base and the grassroots are energized

and excited to be a part of these campaigns and to fight back! At the end of the day, this is a referendum on President Trump. They are fighting back against some of the

worst things he has tried to promote, do and has done. People are fighting for their civil rights, their basic reproductive rights, LGBTQ quality, immigration and religious rights. The Muslim ban is something that is contrary to our system of government and contrary to our Constitution. So is President Trump's attacks on the judiciary and the freedom of the press. These are things that we are going to fight against in the election across the country and certainly across the state. We have five seats that could flip in November out of New York.

Let's talk about OZY Fest. It seems that big festivals like this try to create a vision of utopia in some ways for all that attend, whether it's with music, food or just how they're laid out. What do you think is the message of OZY festival?

I think it's an amazing cross-pollination of ideas. I think you have thought leaders, opinion leaders and diversity all converging to create a conversation about the country and what's important to people.

I think it's exciting! I really love it because you have this representation from across industries, across perspectives and world views to have this very in depth conversation about what really matters to people. I think it will be really fun. I really like to meet people where they are. This is the kind of festival that people will come to who perhaps might not be interested in politics at all. So I can meet people where they are and talk about the things that they want to talk about and it's a way to connect to New Yorkers in a way that's a lot of fun and different in ways that I'm used to. **PAT KING**

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Daveed Diggs and Rafael Casal on race, class and the evolution of 'Blindspotting'

"We're only barely beginning to have even a broad-strokes conversation about race."



MATT JUUL
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The world has changed quite a bit since Daveed Diggs and Rafael Casal started writing "Blindspotting" nearly a decade ago. For instance, when the Tony Award-winning "Hamilton" star and his longtime friend and collaborator began working on the critically-acclaimed film, online videos of violent encounters between police and people of color felt like a new phenomenon, sparking outrage and protests in communities across the country, including their hometown of Oakland. Unfortunately today, these kinds of clips and stories have become so common place that it's hard to keep track of all the people who've died in instances of police brutality. The

cultural shift in how we talk about this issue had a huge impact on "Blindspotting," which morphed from being a dissection of a city dealing with outrage over acts of police violence into a portrait of two men just trying to survive amid the chaos of racism, gentrification and poverty. Ahead, Diggs and Casal open up about their new film and how it tackles today's biggest issues.

Did any real-life moments inspire this film?

Daveed Diggs: When we started writing, it was very close to the time when Oscar Grant was murdered at Fruitvale BART Station, so that definitely played into it. That was a big part of Oakland when we started writing. I guess that's what I think of

as the biggest difference between the script we started with and the script we ended with. When it started, it was about the specificity of that event, and what we ended with, we're now in a world where you can't even remember the specifics because they happen so often. A lot of things changed over time, but it was never really a piece about issues.

When it comes to talking about all the big issues that this film tackles, why was it important to make sure that the topics of class and poverty weren't lost in the discussion?

Diggs: Well, race is made up, right? I mean, it doesn't exist, but it affects our perceptions of everything. But it's not the practical application of anything, right? Poverty is real. That affects everyday life. And I think, you know, the Bay Area happens to be—most of our process was about making things true to Oakland—a pretty mixed-up place, and it is a place that is some-

Daveed Diggs and Rafael Casal
GETTY IMAGES



Daveed Diggs and Rafael Casal showcase their hometown of Oakland in "Blindspotting." ARIEL NAVA

times geographically separated, but it's entirely based on class, really. So you do have a lot of Mileses in the hood. And we went to Berkeley High School, which is the only public high school in Berkeley, so everybody had to go there.

Rafael Casal: It's a school that is full of kids from Richmond and Berkeley and Oakland and San Leandro and the Hills and Emeryville and you know, everywhere. Totally different economic situations across the board. That melting pot effect is very real in the Bay Area. You're in with everyone, which is why you get such sharp people. That's why we didn't write Colin (Diggs) or Miles (Casal) as dumb or naive. They're particularly informed.

Diggs: On a national level, we're only barely beginning to have even a broad-strokes conversa-

tion about race. In your day-to-day life you don't deal with anything like that, particularly race. You know, that's not how it comes up. You don't have broad-strokes conversations. Everything is nuanced. What's important to me about this film was that it's not a film about issues, so we didn't come at it with this brush that was like, "This is what you need to do tomorrow in order to fix racism." That wasn't the point of this film. It was about how are these characters practically dealing with these things that are actually much more complicated than we are even capable of having the conversation on a grand scale.

How much did today's political conversations affect the story you were trying to tell?

Casal: We did this poem at CinemaCon, one of my favorite lines in it

is, "How perfect must a black boy be before we mourn him?" That's where we're at right now. Every time it happens, there's some reason why this is not the right person to be good enough to make change and the reason is not because the person isn't perfect enough, it's because they're black. That's the actual reason. The actual crime is that they're black. They could be a f-king Harvard grad. The story could be f-king perfect, but it's not a white kid, so it's not going to happen. There's some cynical part of me that, if it was a poor white kid, I don't know if it would change. I don't know. I think there's also this really underlying hatred for the poor in this country in general that sits underneath it and I think that that became this big guidepost. "Blindspotting" opens in theater July 20.

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SPORTS

Machado trade on horizon, Yanks offering top prospects

The Orioles star could go to the Yankees in free agency this winter, but the Bronx Bombers might not want to take a chance.



JOE PANTORNO
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Even though it has become known that the New York Yankees are the preferred destination of Baltimore Orioles star shortstop Manny Machado in free agency this winter, the Bronx Bombers look as though they just can't wait to get their hands on the talented 26-year-old.

George A. King III of the New York Post reported that the Yankees have offered top-10 prospects to the Orioles in return for Machado.

Baltimore has until the league's Jul. 31 trade deadline to deal Machado or else it will get nothing for him when his contract expires at the end of the season. It is a foregone conclusion that he is not returning to the Orioles, the team he's spent the first six-plus seasons of his career with.



The Baltimore Orioles could trade Manny Machado in the coming days as the New York Yankees continue to try and work out a deal for the gifted shortstop. GETTY IMAGES

It looks like a deal could be happening sooner rather than later as CBS Sports' Jim Bowden reported on Monday that the Orioles are expected to trade Machado before the MLB All-Star break ends this week.

The Yankees have one of the best pools of young talent in the majors which makes them an ideal trade partner for the rebuilding Orioles despite the prospect of trading their best player to a divisional ri-

val.

One of the largest questions that could concern Yankees fans though is why trade a part of your future for a player you would not have to give up anything for this winter?

It's one thing if the Yankees were dealing a youngster or two for some much-needed help in the starting rotation, which is the team's weakest aspect as the second half of the season looms. It's another thing entirely if a future

star is being traded for another big bat, which would be joining an offense already ranked No. 2 in all of baseball.

But offers on the tables from other clubs like the Philadelphia Phillies and Los Angeles Dodgers could be forcing the hand of Yankees general manager Brian Cashman. While Machado wishes to sign with the Yankees now, being traded to a National League contender and a subsequent playoff run could coax him into re-

signing with said team.

Last week, left-handed pitching prospect Justus Sheffield was believed to be one of the Orioles' main targets in a package deal with the Yankees seeing as Baltimore is in desperate need of revamping its pitching staff. While it was believed that he was initially apart of an offer, those reports had been proven false since.

Cashman's standing on Sheffield might have changed, but the Yankees still have a

number of promising arms that could be included in a deal. Of the organization's top seven prospects, six of them are pitchers including Albert Abreu (No. 3), Chance Adams (No. 4) and Luis Medina (No. 5).

The Yankees though have other youngsters to offer like center fielder Clint Frazier as a future replacement for Adam Jones and Miguel Andujar, who could slot into the left side of the Orioles' infield immediately.

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Alonso could be Mets' next big thing

The Mets prospect's power was put on full display this weekend in Washington D.C.



JOE PANTORNO
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While the New York Mets are grinding through another embarrassing season, Peter Alonso gave the franchise a reason to smile this weekend at the home of one of the team's fiercest divisional rivals.

And he's not even playing in the majors.

The first-base prospect is the No. 7-rated talent in the organization's farm system according to MLB.com. That might have to change after his performance in Sunday's Futures Game, a part of Major League Baseball's All-Star week-

end in which the best minor-league prospects are split into an American and international team.

Alonso got the call to nation's capital thanks to his monster start of the season down in double-A Binghamton as he batted .314 with 15 home runs and 52 RBI in 65 games. It earned him a call-up to triple-A Las Vegas where the 23-year-old has encountered some struggles.

The power is still there with six home runs and 23 RBI in 23 games, but a recent 10-game streak in which he's batted just .139 and dropped his average to .190, leaving something to be desired.

Talks of average quickly went out the window on Sunday though as Alonso came up in the seventh inning of the Futures Game against Adonis Medina, the Philadel-



Mets prospect Peter Alonso launched a mammoth home run during the Futures Game this weekend. GETTY IMAGES

phia Phillies' second-ranked prospect in their farm system. On a 3-2, 95 mile-per-hour fastball, Alonso turned

on the offering and sent a mammoth home run over the left-field stands at Nationals Park.

"Oh my God," Alonso said after the game. "It felt like a lightning bolt hit the tip of my bat. That was awe-

some."

There very well could have been some sort of supernatural force that helped that ball get to where it did at Nationals Park because the metrics on the bomb simply have not been matched before by any ballplayer in the minors or majors.

Statcast's Matt Kelly measured Alonso's home run to have an exit velocity of 113.6 miles per hour with a launch angle of 46 degrees, allowing it to travel 415 feet. Since home run technology launched in 2015, no Major Leaguer has ever hit a round-tripper with that kind of exit velocity and height.

It's only a matter of time before he's unleashed on the rest of the big leagues, but for now, Mets fans will have to sit around with this current mess of a team and wait patiently until that day comes.

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Kemba to Knicks looking like pipe dream

The Charlotte Hornets' point guard pledged his allegiance to his current club amidst rumors of heading back home to New York.



JOE PANTORNO
joseph.pantorno@metro.us

Charlotte Hornets' point guard Kemba Walker has understandably been linked with the New York Knicks for large portions of the past year.

The 28-year-old becomes a free agent during the summer of 2019 where the Knicks are expected to be major players as they've set up some max salary spots for big-name talents. On top of that, there was a belief that the Bronx native had a desire to head home to New York and apply his trade full time at Madison Square Gar-

den.

In an interview with Michael Scotto of the Athletic though, Walker put to bed any notion that he would be willing to leave Charlotte.

"As far as seeing me in New York, I doubt it," Walker said. "I'm a Hor-net, and I'm planning on being a Hor-net for a long time; so, yeah, I'm not sure about that [New York]."

Walker has developed into one of the top point guards in the NBA over the past two seasons, garnering a pair of All-Star appearances while averaging 22.6 points and 5.5 assists per game. However, he's only made the postseason twice in his seven-year career in a weaker Eastern Conference.

Regardless, he's poised for quite a raise in his new contract. He's making \$12 million during the final year of his contract which is somewhat of a bargain given



Hornet's point guard Kemba Walker has no plans on coming to the Knicks despite growing up in the Bronx. GETTY IMAGES

his All-Star standing in a league in which lucrative contracts are becoming the norm.

The problem is that Charlotte has spent a pretty penny on some bad contracts.

Nicolas Batum is making at least \$24 million per year until 2020 with a \$27 million player option for the 2020-21 season. Michael Kidd-Gilchrist is making \$13 million per year until 2020

and both Cody Zeller and Marvin Williams are making close to \$30 million over the next two seasons.

So while Walker wants to remain a Hor-net, Charlotte might

"As far as seeing me in New York, I doubt it. I'm a Hor-net, and I'm planning on being a Hor-net for a long time."

Kemba Walker (h/t Michael Scotto, The Athletic)

have to do some serious work in order to fit a big contract offer for him in its budget.

The Knicks, though, won't be too fazed by Walker's comments. They have also been linked with point guard Kyrie Irving next summer after he made it known that he would not sign an extension this year with the Celtics.

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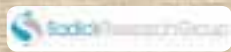
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LEGAL NOTICES

SUPREME COURT OF THE STATE OF NEW YORK,
COUNTY OF WESTCHESTER
Index No.: 53641/2018
Date Purchased: March 15, 2018
BANK OF AMERICA, N.A.,
Plaintiff, - against- DAVID G. LESLIE, Defendant. SUMMONS TO DAVID LESLIE: YOU ARE HEREBY SUMMONED to answer the complaint in this case and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a Notice of Appearance on the plaintiff's attorney within 20 days after the service of this summons, exclusive of the day of service (or within thirty days after the service is complete if this summons is not personally delivered to you within the State of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded herein. Plaintiff designates Westchester County as the place of trial in this action. The basis of venue designated is the place of business of Plaintiff. Dated: White Plains, New York March 15, 2018
DeBello Donnellan Weingarten Wise & Wiederkehr, LLP Attorneys for Plaintiff
Peter S. Dawson, Esq.
One North Lexington Avenue
White Plains, New York 10601
(914) 681-0200.
This action seeks damages for breach of a credit line agreement in the amount of \$354,828.94 together with interest through the date of entry of judgment and legal fees in a sum to be determined. This Summons is hereby served by publication by order of the Hon. Sam D. Walker, J.S.C. Westchester County Supreme Court.

NOTICE OF FORMATION

of Quality Finishes Painting L.L.C. Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/17/2018. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 100 Bellamy Loop, Bronx, NY 10475. Purpose: Any lawful activity.

Zeta Charter Schools is accepting proposals for Food Service Management at two schools during the 2018-19 school year. Contracts will run from August 15, 2018 – June 30, 2019. The deadline for submitting proposals is August 3, 2018 at 2:00 pm. Bids will be publicly opened at 222 Alexander Ave., Bronx, NY 10454 on August 3, 2018 at 3:00 pm. Copies of the RFP are available by request from Bob Keogh at bob@schoolfoodsolution.org

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LEGAL NOTICES

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of Thermidor Consulting, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on March 8, 2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 405 East 77th Street, Apt. 10, New York, NY 10075. Purpose: Any lawful activity.

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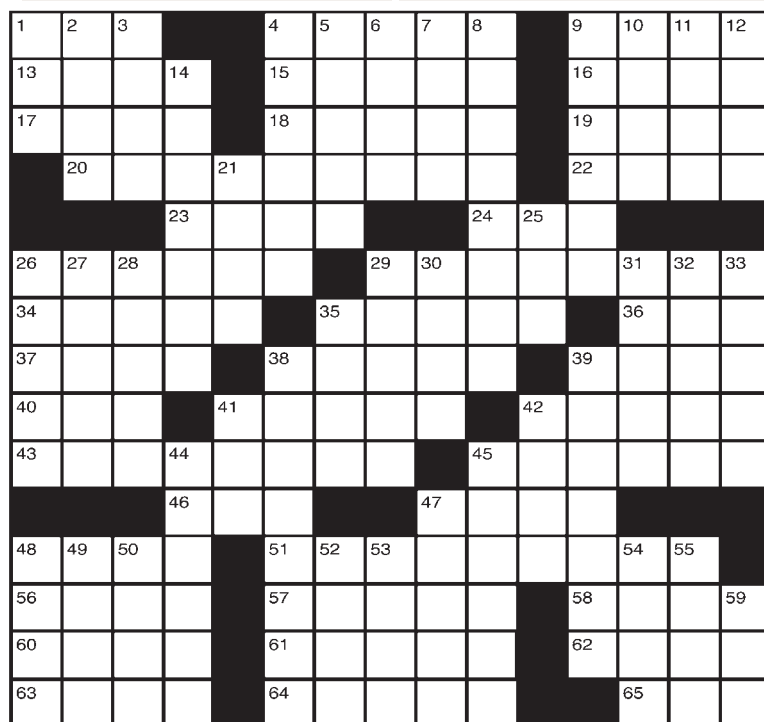
ACROSS

- 1 French friend
4 Many SeaWorld performers
9 For the ___ part; typically
13 Captures
15 Vietnam's capital
16 Per person
17 Sequoia or spruce
18 Walk ___; desert
19 Bangkok native
20 Apart from; besides
22 Attila and his men
23 Learn by ___; memorize
24 Flying saucer, for short
26 Hug
29 Self-service counter at a restaurant
34 Gladden
35 Started
36 Run up a tab
37 Melodies
38 Crouch in fear
39 ___ Louie; "King of Salads"

- 40 ___-through; transparent
41 Healed
42 3-line Japanese verse
43 ___ in; signed up for
45 Dusk
46 Young dog
47 "___ grip!"; cry to the hysterical
48 Gypsy ___ Lee
51 First to attack
56 Lower leg part
57 Blossom
58 7/17/18; abbr.
60 Contemptible
61 "___ It to Beaver"
62 Letters of urgency
63 Underprivileged
64 Finished
65 Endeavor

DOWN

- 1 Crawling bug
2 Actress Winningham
3 Mountain goat
4 Yells
5 ___ cologne; perfume
6 One opposed
7 Crazy as a ___
8 Not plural
9 Way of doing things
10 Hawaiian island
11 CT or MRI
12 "___ Land Is Your Land"
14 Whispered confidences
21 Misplace
25 Oscillating blower
26 Discontinue
27 Foreign; unfamiliar
28 More unusual
29 Stitched
30 Over-the-hill
31 Russia's Yeltsin
32 Conscious
33 Counter an argument
35 Use a drill
38 Guilty
39 Card game
41 Actor ___ Gulager
42 Shacks
44 Can ___; small appliance
45 ___ like; appeared to be
47 Orchard
48 Invitation letters
49 Where to find Columbus
50 Fodder storage tower
52 Singer Campbell
53 Incite
54 Kick out of office
55 Raise, as kids
59 Undercover agent



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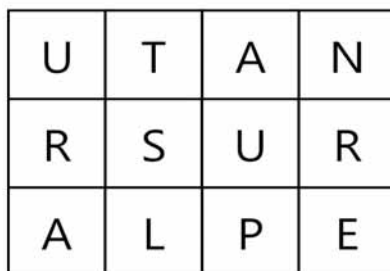


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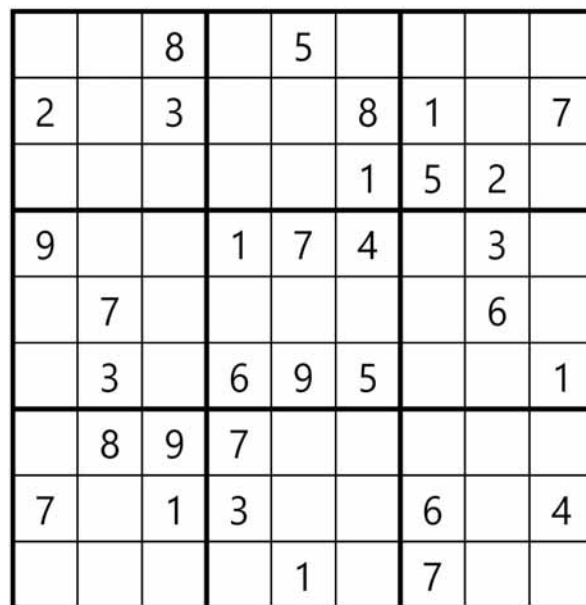
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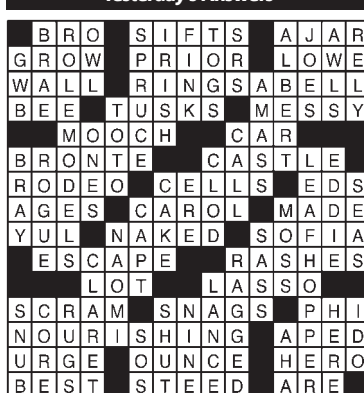
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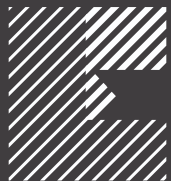


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